



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Simon Marx

Number: 293

Course: 24.90 km
24,9 km - Lauf

Category:
Männer (20-29) B

Total time: 2:06:34

Speed: 11.38 km/h
Running performance: 5:04 min/km

Rank in course/Total: 45 (of 433)

Rank in course/Men: 41 (of 351)

Best time in course: 1:34:20

Rank in category: 3(of 32)

Best time in the category: 1:40:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men
Ilsestein	4.10	22:29	5:29	6	53	4:32	5:53	4.10	22:29	5:29	6	53	4:32	5:53
Plessenburg	2.40	11:32	4:48	3	28	1:42	2:23	6.50	34:01	5:14	5	47	6:14	8:16
Oehrenfeld	3.40	14:16	4:11	7	55	2:29	3:21	9.90	48:17	4:52	6	47	8:43	11:37
Ilsestein	4.80	26:18	5:28	4	38	4:52	16:27	14.70	1:14:35	5:04	5	44	13:35	18:00
Plessenburg	2.30	12:48	5:33	3	32	2:32	3:10	17.00	1:27:23	5:08	4	39	16:07	21:10
Oehrenfeld	3.40	15:17	4:29	5	56	3:13	3:56	20.40	1:42:40	5:01	4	37	19:20	25:06
Ilseburg/Markt	4.50	23:54	5:18	10	87	6:31	7:08	24.90	2:06:34	5:04	3	41	25:51	32:14